

## Early Childhood Learning Community for Wilmington Family Child Care Providers: Fun Physical Activity!

Nemours and its partners are offering **free** resources and quality assured professional development to family child care and large family child care providers in the city of Wilmington. This is professional development just for you!

Join us! We know that you care deeply about children and their future – or you wouldn't be doing the work you are doing. So we invite you to work together to help our children reach their potential by showing them ways to be healthier, move more and grow up ready to learn!

This professional development opportunity will equip you to offer high quality physical activity to your preschool children. It will be interactive, responsive, and FUN! It will show you how to help your kids take the next step toward fun, fitness and a lifetime of learning.

**What is this professional development opportunity all about?** It is a kind of learning community made up of family child care and large family child care providers who gather together for two learning sessions to learn and share ideas and best practices. It is specifically for providers who care for young children in their homes. At each learning session, you will receive resources and ideas back to try out in your program. There will be many opportunities to learn with and from each other, use new tools and resources, share experiences and build a wider network of support for yourself. And you will earn 8 hours of quality assured training hours.

We'll help you develop the knowledge and skills to create and implement fun physical activity practices and the policies to support them. As needed, a technical assistant (TA) will support and encourage you throughout the process as you choose strategies that make sense for the children in **your** program. You will make decisions to make your program even healthier. Your TA will be there for you for information, support, or when you just want to talk things through.

If you join us, you will receive a wealth of benefits, in addition to the two training sessions:

- **Toolkits:** The Sesame Street Toolkit, *Healthy Habits for Life* and *Active Play!*, an activity toolkit focused on movement skills and physical fitness for toddlers and preschoolers;
- **Resources to support your work:** *I'm Moving*, *I'm Learning* CDs to get your preschool kids moving, physical activity guidelines to guide lesson planning, resources for engaging families, and more!
- **Technical assistance and mentoring**
- **Opportunity to be a part of an on-going network committed to children's health and well-being**

Learning Sessions are being scheduled at Warner School, 801 West 18<sup>th</sup> Street, Wilmington, DE 19802 with easy access to free parking. **A delicious free lunch will be included.** Please plan to register through the Delaware Institute for Excellence in Early Childhood (DIEEC) and attend both learning sessions on the following dates:

Learning Session 1: Saturday, January 9: 8am-12:45pm, includes lunch  
Saturday, January 23 (snow date)

Learning Session 2: Saturday, February 20: 8am-12:45pm, includes lunch  
Saturday, February 27 (snow date)

You will earn **8 quality assured professional development credit hours** after attending the two learning sessions.

Registration will be open soon on the DIEEC website. We will send out an announcement and registration information as soon as registration opens.

Questions? Contact Alanna Drake at [adrake@nemours.org](mailto:adrake@nemours.org) or Mary Neal Jones @nemours.org.